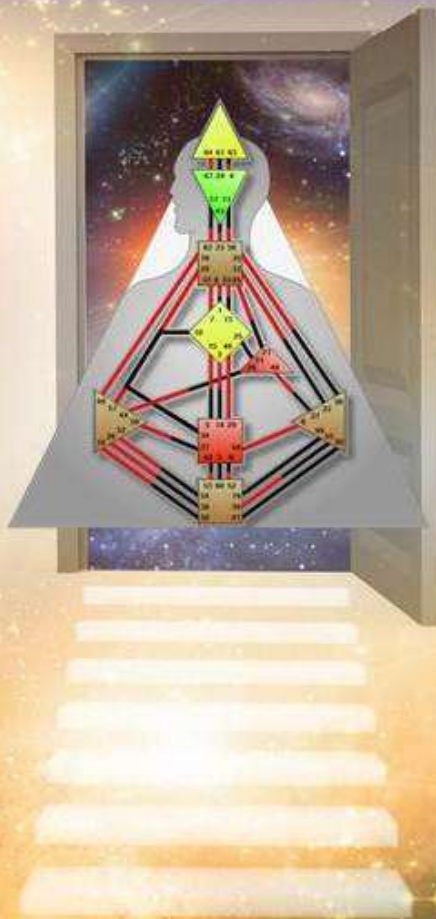


Your Own Authority

A Beginner's Guide to Human Design

Dharmen and Leela Swann-Herbert

SAMPLE



A Sample of:

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For Ra

This book has become a reality due to the initiation of Ra Uru Hu. The Science of Human Design is a direct result of Ra's personal encounter with the 'Voice', and any omissions or errors in the presentation of Human Design here in this text are a product of our own limitations. In a profound way we are grateful to Ra for being a visionary teacher and guide. Ra initiated this book project with us in 2007, and provided strategic direction to this development of this book. Over the years, this book has evolved, from its earliest versions with the valuable input of Sarah Krakower, Maurizio Cattaneo, Alissa Ferranto and Becky Markley; and to its current version due to the fruitful editing of Carolyn Davis and the book design and layout from Devin Ratheal. Everyone along the way has provided valuable commentary and feedback for the development of this book.

FORWARD

There is a good chance that if you are reading this book, you have an interest in learning about Human Design. Perhaps someone has shared their experience of Human Design with you, or maybe you have stumbled upon a Human Design website, or you may have obtained a copy of your individual Rave Chart. But most of all, you may be wondering, "*Ok, I want to know more about this, so now what?*"

In this book you will meet the basic mechanics of Human Design. *Mechanics* are a common language, a symbolic, visual way of seeing. based upon logical principles which operate consistently throughout Human Design. By learning the mechanical fundamentals of Human Design, you can become empowered to experiment and prove the validity and value of these principles in your own life. Nothing in this book is meant to be taken upon faith or belief, rather, Human Design is meant to be tested and experimented with by every individual who meets this information.

You will also be introduced to some new ideas and concepts about your life and how it works. Some of these may challenge long held beliefs, or theories that you may have adopted as truth in your life. What is recommended for the duration of reading this book, is that you suspend the way in which you understand your life to operate, and be open to meeting something entirely new.

It is not often that we get the opportunity to meet something that may radically challenge our cultural and collective beliefs about the way that life operates. It can be momentarily disorienting; the mind may want to turn away to find something less uncomfortable, something more familiar. It is challenging to be open to meeting something entirely new. You are encouraged to resist the temptation to give in to the fears of your mind, to have the strength to momentarily set aside what you know and what you believe you know, in order to be introduced to something new.

Some of you are going to find that your mind has a comment for everything that you are reading. "*This doesn't make sense. This is too weird. This isn't for me.*" That may be true, but what you may want to do for just a few hours as you read this book, is to set your mind aside. Let it talk, but don't let it keep you from exploring this information. If you are looking for something more, or something that may be missing from your

Your Own Authority

life; you owe it to yourself to at least take a look at this while suspending the judgment of your mind.

The truth of Human Design is that no one benefits from simply reading about this information. Just reading about Human Design will not change your life. So you can re-assure your mind that you aren't going to 'do' anything other than learn about something new for the moment. Learning something new or different may challenge the way you look at the world or at your life, or even the way the world operates. This is courageous work, and when you set aside the judgment of your mind, you can make the process of learning something new a whole lot easier.

We have a vast potential that until now has been primarily untapped and unexplored. To use an analogy, human beings at one point had a hardware upgrade, and yet continued to run the same software. We have been running software that is faulty programming, filled with glitches and bugs, generation after generation; and we've been running it on hardware that can do more and be more. Old software, old programming doesn't utilize all of the upgraded potential that is available to us as modern humans. Too often, we remain stuck in past programming, perhaps even turning to ancient software, in order to try and yet again fail to make use of the advanced hardware we know is there. Scientists say that we may use only 10% of our brain's potential. Most of us know we have enormous unused resources. Human Design offers us the opportunity to access our more advanced hardware, our untapped resources. It is new information, advanced software for the utilization of our potential.

Human Design, quite simply, is a new internal process of decision making. This has been the dilemma of seekers for thousands of years. Yes, the mind can become still. But what does the individual then use for decision making? The same mind that has been disciplined into submission? How do you stop the mind from taking over the life once again? The mind cannot both be silent, and the authority for decision making. Always the mind ends up coming back in, and running the life.

The ancient Brahmins, Yogis, various Buddhists, Zen Masters, Gnostics and other mystics all knew that the mind, the software in our previous analogy, was the problem. They developed methods to control the mind, to harness the programming through meditation and other practices. They understood that

the limitations of consciousness were connected to the limitations of the software, the limitations of the mind. However, they never could find a way to avoid using the mind for decision making. This is the challenge that has faced us for thousands of years – we can gain awareness through bypassing the mind, but then what do we use to make decisions? We are stuck with using the same faulty software that we've spent years learning to suppress, control, or observe. It is impossible to simultaneously break down the mind, while at the same time keeping it in its role as the authority, as the decision maker. Within these ancient practices the state of 'no mind' may be the goal; but when the mind is needed to make a decision, then the faulty software is activated all over again.

Human Design offers an answer to this dilemma. By making use of our more advanced hardware, we no longer have to be stuck with outdated software. When we operate on our upgraded hardware, we aren't trapped into operating with old, faulty software and relying upon the mind as the decision maker; instead we can discover the truth of living out our full potential, with highly developed hardware and software.

Some of us may be seeking to awaken, and others of us would simply like to have our lives run more smoothly or to meet less resistance as we move through life. Many of us would like to find greater meaning or a deeper sense of purpose in our lives. Some of us want better relationships with ourselves and with others. Most of us would like to lead lives that are free of resistance; lives in which we no longer find ourselves faced with frustration, bitterness, anger or disappointment. Some of us would love to discover a life that is not driven by nervousness, anxiety or fear.

If you are completely satisfied with your life, if you aren't looking for greater success or peace or even surprise, then learning about Human Design may not be for you. If you are searching for something more out of life, however, then you may want to take a closer look at the information in this book.

We may have tried to change who we are. We may have explored various philosophies or religions looking for solace or freedom from the mind. We may have become a part of the human potential movement, gone deeply into therapy, or experimented with expansion of consciousness through yoga, meditation, or psychoactive drugs.

Your Own Authority

Regardless of the process that we've explored up until now, if we are still seeking something else in our lives, chances are we have not yet discovered what we thought we were looking for. Some aspect of us, somehow, still remains unchanged, unfinished, unexplored. Something or someone is missing from our life. It is at this crossroads, that Human Design can offer a new perspective.

Human Design is not a belief system. It is not a philosophy. It is not a religion. It is not meditation nor is it therapy. Human Design is not about following a leader. It is a process that can provide you with the tools for your life to naturally evolve and change.

This is not to say that Human Design is a panacea for every difficulty associated with being human. It does offer the possibility of personal discovery that is different for each individual. Through experimentation with its simple, effective tools for living, many people have found their lives changed in ways they could not have imagined.

In this book we will explore in depth the tools that Human Design offers for a new internal process of decision making. It is not about turning your life over to the authority of others, or to the authority of your mind, but to discover the source of your own inner authority. This is the empowerment that many of us have been seeking all our lives. Out of our own authority, we can make decisions that are free of influence by others, that are free of mental motives and distortion. Decisions from our own authority bring us our own unique life, a life filled with its natural purpose, not some idea that the mind has dreamed up. When we learn to access our own authority, we begin to tap into the potential of our advanced hardware.

Each of us, have within us everything we need to live a fulfilling, satisfying, successful life. For some that is a life filled with relationships, for others it is discovering a more solitary, contemplative existence. The beauty of Human Design is that each person finds for themselves the unique life that is their birthright – not the life that their mind has imagined, or that their parents wanted for them – but the life that arises from your own authority.

Knowing isn't being. The benefits of Human Design are found in experimenting with its tools in your own life. Many people have 'studied' Human Design, but failed to put the principles into practice. Consequently, they may not have found any

Your Own Authority

satisfying results in their life. This book will not only provide you with the information about Human Design, it will also provide you with what you need to begin to experiment with it in your life. It is through your own experimentation that you will discover if this information is of use to you, or not. It is through this experimentation that it becomes greater than simply 'more stuff to know'; it turns into a process through which your life begins to come into its natural alignment. The natural alignment of your highly advanced hardware and software, to experience life at your unique potential, takes place through your own authority.

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CHAPTER 1

Introduction to Human Design

Why Learn About Human Design?

Decision-Making

Have you ever considered that all of your experiences are the result of a decision that you made? Decisions dictate the direction of your life including where you live, who you meet, your work in the world and your relationships. Even seemingly minor choices can have a profound impact on your life path. The life you are living *right now* is the result of a sequence of decisions. Do you know how you make decisions? Most of us have been taught to use our minds to make decisions. Familiar recommendations include: *"Use your head, make up your mind, figure it out, think it through, and weigh your options."* Consider the possibility that the mind is not your best tool for decision making.

The Human Design System describes a radical new process for decision-making. Human Design shows that we each have an innate embodied capacity to make correct decisions for ourselves and in a way that is more clear and accurate than the faculty of the mind. For most people this innate decision-making capacity is under-utilized or might even be unknown to them. People who are experimenting with Human Design are reporting that this new way of decision-making eventually leads to experiencing life with ease and confidence, and that they are more often finding themselves in the right place at the right time with the right people.

The Mind and Conditioning

The Human Design System points to a key revelation: the *mind* is not the correct authority for decision-making. The true purpose and value of the mind has largely been misunderstood. Applying the logic of Human Design we can observe that the mind, despite all of its cognitive capacity, is easily conditioned by outside influences. This tendency of the mind to be conditioned makes it a limited and easily distorted mechanism for decision-making.

Your Own Authority

Rather than for decision-making, the correct role for the mind is to witness and observe life. The mind is a remarkable research tool for observing and recording knowledge and experiences as memory; however as a consequence of deep social conditioning we assume that the mind is capable of directing our lives through its decisions. The mind is a vast data bank of sensory input and information accumulated over a lifetime; it overwhelms and confuses the personal decision-making process. The mind can't discern what is correct for you because its 'data storage' comes from the deep conditioning it takes in from others. The mind internalizes answers, opinions, and ideas from various outer authorities including parents, teachers, religious leaders, spouses, politicians, and the media. Can you see how mental decision-making is based on the influence of these external authorities? With mental decision-making, we're all vulnerable to living out a homogenized version of life that has little connection to what is healthy, satisfying and uniquely correct for us.

It's likely that the conditions of your life right now are a product of these conditioned influences. The mind is filled with repetitive thought patterns which you may not even notice as conditioned thoughts because they are so familiar to you; they're running as constant background commentary throughout your day-to-day life. Making mental decisions leads to unconsciously conforming to external expectations and/or following collective ideals and rules that you began identifying with in childhood. Life is robbed of real individuality; it often becomes a superficial facade of a socially-environmentally conditioned concept of 'normal'. Living a conditioned life brings the experience of frustration, bitterness, anger or disappointment.

Fear and the Mind

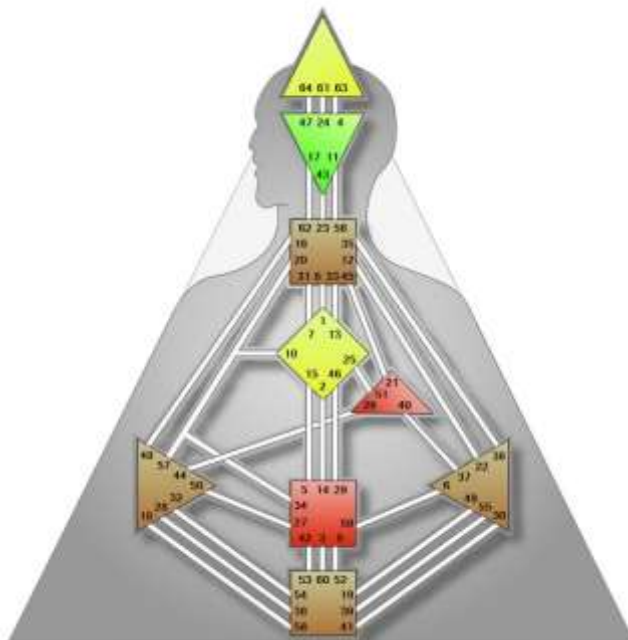
When the mind is making decisions, it is pretending it knows what is healthy and good for you, often trying to manage and control your decisions through deception, distortion, and fear. Fundamentally the mind makes its decisions based on a deep fear about survival. Over time you can end up with a life that is built on so many fears and lies that you feel a constant, generalized state of anxiety. Is it any wonder that

a large segment of western society consumes anti-depressant medication on a daily basis? Is it any wonder that so many people today are unsatisfied with their quality of life? People are searching for meaning in a world which is built upon the illusion of mental control. Many are living lives filled with depression and anxiety, thinking that they are not good enough or that they will never succeed in the face of all the pressures of modern society. Many see that our lives are not fulfilling, but very few of us question our decision-making process or recognize that our lack of fulfillment is related to mental decision-making.

The Mechanical Map

The Human Design System offers a mechanism for breaking out of a mentally driven life. Through experimentation with Human Design you can discover the remarkable power of this simple, practical application of the knowledge. The entire Human Design System is vast and deep and there are many layers of information within it. However this book is designed to introduce just the basics of Human Design and it illustrates a simple, mechanical process for correct decision-making. The basics are all you need to discover the truth of your unique life and to find the pleasure and ease of living life as your authentic self.

Your Own Authority



The BodyGraph is the illustrative map which shows the genetic highlighting of an individual's design.

The Human Design System utilizes the *BodyGraph* to express graphically the mechanics of each individual design. The BodyGraph shows what makes you unique, and from applying the tools of Human Design you can discover your unique attributes and see and experience how they get expressed in your life. It's important to understand that Human Design is not a philosophy. It is not a spiritual theory. It is not a belief system. The Human Design System provides a concrete map, via the BodyGraph, of the nature of each and every person on the planet. It provides the tools for seeing your unique self, and a logical process for making decisions which are free from the influence of the mind and all outside authorities.

Human Design is not a type-casting system; it offers a mechanical methodology which brings to the surface each person's individualized genetic differences as represented in

their design. In this book you will find a concise, practical explanation for each of the basic elements of your design. The map of your design shows how to begin your personal experimentation process. Your own experiment in your day-to-day life is the key to uncovering your unique characteristics and recognizing them within the context of your life. Human Design is built on simple mechanics which each person can validate for themselves. You can't access what the system reveals just from studying the knowledge; it has to be applied in your life, tested, and validated or rejected through your own experimental process. Since Human Design is a logical system, it can be tested. This testing process is highly individualized.

As you experiment with correct decision-making, your body's intelligence and your mind become aligned to their proper functions. The quantum of both becomes an integrated holistic expression of you. Uniqueness is not simply difference, rather it is beyond compare. You may have heard words describing the concept of uniqueness before—however have you ever truly experienced the absolute individuality of your true being? This is our evolutionary potential. We are designed to differentiate; we are not here to live out a generic, generalized experience of life. Does this introductory information interest you? If so, the next step is to begin your own experiment and see for yourself.

Elements of the Human Design System

The basic elements of the Human Design System are *Definition, Type, Strategy* and *Inner Authority*. Each of these will be described in more detail later. There are four distinct human types, these are: *Manifestor, Generator, Projector and Reflector*. Through analysis of birth data between 1781 and our present time, we have found that each of these four types represents a statistically consistent percentage of the world's population. Each type has its own strategy for correct decision-making. Remember correct decision-making is how we arrive at the right place at the right time and with the right people. Strategy for decision-making is a specific method for reducing resistance in your life. In other words, strategy helps you to align yourself with the natural flow of your unique life. Inner authority is the inner touch stone or

Your Own Authority

source for correct decision-making and it is identified through the mechanics of the BodyGraph. Trusting your inner authority, you can navigate through life along your correct trajectory. The term *trajectory* refers to your unique geometry through space and time and it is commonly referred to as your path or journey in life.

Strategy and inner authority are the most essential tools that Human Design has to offer. Through experimentation with these tools you can transform your experience of life and discover your individuality. Operating according to your strategy and inner authority you can see your life changing one decision at a time. Step by step, through each correct decision, your life can become a deeply satisfying expression of your unique self. Over time, you become more clear and confident about who and what is correct for you and eventually you become less vulnerable to the manipulation and control of outside forces and other people—no matter how well-intentioned they might be. Your life becomes beyond what you could have ever imagined, and changes in ways that are distinctly well-suited to you. When you are in exactly the right place at the right time, your life is transformed.

Empowerment, Trust and Letting Go

It's empowering to trust and surrender to your own authority and let go of the mind's control over your life. Empowerment is not passive. Some people have a misperception about what it means to surrender to the body's intelligence and might associate it with a form of 'giving up'. Truly all that is given up is the mind's *illusion* of control, because practically-speaking, your mind cannot control life. This emerging sense of empowerment can challenge your beliefs about who you think you are or what your life should be. Initially this can be disorienting and uncomfortable for your mind. However over time you can re-discover the beauty of relaxing into the moment-to-moment experience of your life; a return to a sense of presence you likely experienced in early childhood. With the recognition of your own uniqueness, a growing self-love and appreciation for your life emerges. This is what's possible when you

experiment with following the simple mechanics for correct decision-making.

Why Hasn't This Been Taught Before?

A System for Our Time

You may wonder: if the Human Design System is such a powerful method for decision-making, why hasn't this been taught before? Candidly, this is new information for our time. Every era of human existence has brought new knowledge contributing to each evolutionary step for humankind. Throughout the stages of human development there have been tools and methods to enhance and enrich human potential, each perfectly suited to their era. Teachings tend to be limited so that they can best serve the level of human development of their time. The Human Design System is being introduced now because as a species we have evolved to our present cognitive and physical development; we now have the capacity to practically apply this knowledge.

Over the past 85-90,000 years our species has evolved a vast array of attributes, skills and knowledge which lead to a significant increase in human population and enriched our developmental potential as well. Our earliest ancestors developed body awareness to increase their chances of survival. Then, beginning approximately 50,000 years ago with the emergence of speech, we began to develop our mental awareness. Our species developed sophisticated symbolic communication and a strategic mastery of survival through mind.

According to the Human Design System, our most recent human evolutionary shift occurred in 1781. This shift was from the 7-centered human, as represented in the ancient Hindu chakra system, to the current 9-centered human being, as represented in the Human Design BodyGraph. The 7-centered being reached the pinnacle of what could be achieved on the mental plane including mastery of strategic, linear, mental conceptualization and manipulation of the physical environment. Humanity's potential has evolved beyond this mind-centric dominance and yet in the present

day, the majority of people remain identified with this prior stage of development.

9-Centered Humans

Our species has exhausted the developmental potential of the 7-centered mind and now has the opportunity to reach far beyond the cognitive, sensory and awareness capabilities of our 7-centered ancestors. As 9-centered humans we are here to explore living with a form of consciousness that is more advanced than mental awareness. We are designed to experience the realization of *binary consciousness*: the quantum consciousness of mind and body simultaneously, meaning the conscious awareness of the body living the life and the mind observing it. Binary consciousness brings the moment-to-moment awareness of the body's intelligence as it makes decisions for the life. The mind resides as witness, observing the movement of embodied life. The correct and highest developmental potential of the mind is to observe life and to communicate those observations, when asked, for the benefit of others. As 9-centered humans we are born with the potential to live as *holistic beings*, not just as an instinctual physical being or just as a strategic mental being, but to live the full potential of our species at its current stage of development: to experience life as self-reflected witnessing consciousness uniquely embodied in form.

Human Design is knowledge for our time. Humanity faces a rapidly changing world and is on the cusp of another evolutionary shift. Now we have the opportunity to learn how to live out our 9-centered potential. We are approaching a new era when the survival of our species and its ability to thrive will depend on one's unique ability to navigate through life without the protection and support of the social infrastructure and agreements which have previously held our world together. The Human Design System shows you how to explore at the leading edge of human development. Here is the opportunity to live as a unique individual, to live by the decision-making of your body's inner authority while liberating the mind to observe and be of service to the other.

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